

Practical skills

for the best

possible care.

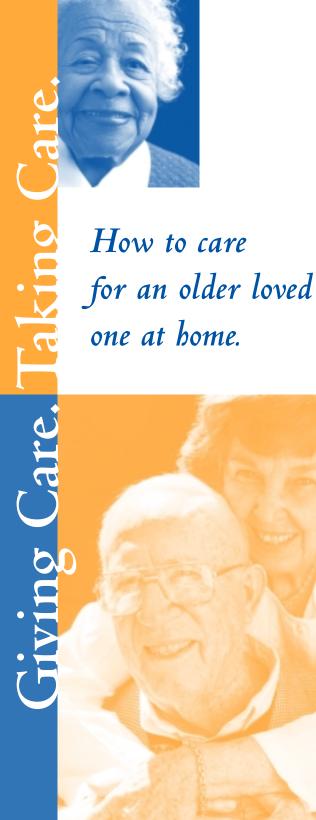






The Giving Care, Taking Care program is organized by the Delaware Ecumenical Council on Children and Families and funded by CARE Delaware.

CARE Delaware is federally funded by the Older Americans Act through the National Family Caregiver Support Program and is administered by the U. S. Administration on Aging.



# Free Workshops

Do you care for an older loved one in your home? Would you like to learn practical skills for providing the best possible care? Need advice on handling the stress you sometimes feel? The Giving Care, Taking Care workshops can help by providing you with practical skills, training and support.

### Program Topics

Home Safety

**Body Mechanics** 

Nutrition

Communicating

Breaking Out of Isolation

Personal Care

Transferring a Person Out of Bed

What to Ask the Doctor

Resources in Delaware

#### Program Presenters

The presenters for this program are registered nurses, clergy, social workers and other helping professionals with backgrounds in the faith and health fields and with experience in serving individuals and families.

## Program Sponsors

The Giving Care, Taking Care program is organized by the Delaware Ecumenical Council on Children and Families, a faith-based, health advocacy, education and services organization. The program is funded by CARE Delaware, a program of Delaware's Division of Services for Aging and Adults with Physical Disabilities.

## Additional Information

If you would like to learn more about the *Giving Care, Taking Care* program, or to find out where workshops are scheduled in your area, call the Delaware Ecumenical Council on Children and Families at 302.225.1040 and ask for Caregiving Training.